

BRIDGES

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Jen and John a labour
of love for musical
couple **P. 8**

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An evening of art
and artists at Nuit
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Pumpkin, spices and
waffles a delicious
combination **P. 17**

WEDNESDAY, SEPTEMBER 23, 2015

A STARPHOENIX COMMUNITY NEWSPAPER



NET PROFITS

BASKETBALL COACH
LISA THOMADIS
TURNS ATHLETES
INTO WINNERS
P. 4

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#LISA BOEHM

Mason jars useful for quick and easy meals

As a busy mom, career woman and health coach, it became clear to me that most people are struggling with healthy eating. We know what we are supposed to eat — less processed foods, more whole foods — but have trouble to be getting it every day a way. We all need grab-and-go foods that are healthy.

Enter mason jars. Why? We all seem to have a stockpile of them, and they are wonderfully friendly, reusable, dishwasher and freezer safe, portable, surprisingly durable and perfectly practical.

The first recipe I made was a Greek chicken salad in a jar. My husband and I each took one to work and were instantly hooked on the



Lisa Boehm

idea. The grab-and-go food that most people imagined. Next I made some overnight oats recipes, which were delicious too. Now my daughter was on the lunchbox. For a teenager missing out the deer with me time to agree, she could grab a pre-made jar of overnight oats, throw it on her backpack and have a nutritious and filling breakfast on the bus to school or later in the morning.

That is when the idea for this ebook was born.

Many of the recipes can be made up to five days in advance, stored in the fridge and used as needed. As a health coach, I always remind clients that meal prep is one of the best ways to ensure healthy eating during the week. Take one to two hours every weekend to prep ahead your breakfasts, lunches and any thing else to make healthy eating easy.

I spent several months researching mason jar recipes, and then selected those to maximize nutrition and maximize sugar and processed ingredients. If the quality assurance process didn't get four thumbs up

from my family it didn't make it into the book. These are family-friendly recipes that are easy and delicious. The recipes include breakfast, salads, dressings, hot and savory stews, desserts, beverages and a few surprise recipes too. There's even one dedicated to Paleo.

I think we all know we should be eating healthy and that diet is vitally important to our overall health. This ebook at \$4.95 was created to make healthy eating easy.

You can get my ebook on Amazon or through my web site (store.365.com/healthy). Let me know what you think of the recipes at lisa@store.365.com.



Saskatoon's Newest Modern Age-in-Place Design Suites



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Above Your Expectations!

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Contact
Shelley Davis

www.hydeparkview.org

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University of Saskatchewan Huskies basketball coach Lisa Thomas watches over a person on the JRC. Photo by Greg Pender.

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Pumpkin Spice Waffles with Cashew Dressing. Photo by Denise Kohnen.

BRIDGES COVER PHOTO BY GREG PENDER

Bridges is published by The StarPhoenix — a division of Postmedia Network Inc. — at 204 Fifth Avenue North, Saskatoon, Sask. S4N 2P1.

Heather Penno is editor.

For advertising inquiries contact 657-6340; editorial 657-6327; home delivery 657-6320. Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

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ON THE COVER

It was one of those dream summers where anything you could possibly imagine could happen actually came to fruition.

—Lisa Thomaidis

LISA THOMADIS

'Coach' lives out hoop dream

By HenryTye

Glazebrook

It's hard to believe, but Lisa Thomaidis narrowly avoided a life without basketball.

During her university years, Thomaidis was torn between trying out for the volleyball team or taking a shot at basketball. Though she considered herself more skilled at serving over the net than shooting into it, something so small as misjudging ended up having an unexpectedly huge impact on her life.

"It turned out the basketball try-out happened before the volleyball one did," Thomaidis said. "I got selected for the team."

Today Thomaidis is head coach for the University of Saskatchewan Huskies' women's basketball team, and fields the same role for Team Canada.

This summer she led the national team on an undefeated streak through the International Basketball Federation (FIBA) Americas Women's Championship in Edmonton, earning a qualifying berth to the 2016 Olympic Games in Rio de Janeiro in the process.

"It was one of those dream summers where anything you could possibly imagine could happen actually came to fruition," Thomaidis said of the time with the team, which included another undefeated run and first-ever gold medal at the 2010 Pan Am Games in Toronto.

"You give for it and you think about it and you believe it can happen, but until it actually does happen it's still kind of a dream. It was remarkable."

This will be Team Canada's second straight trip to the Olympic Games, following a quarterfinal elimination in London in 2012. The group had only narrowly qualified to compete that year by winning a last-minute berth on Canada Day.

Thomaidis helped guide the team through the London Games as an assistant coach.



University of Saskatchewan Huskies basketball coach Lisa Thomaidis applies for her position on the last day of applications were being accepted. enbobsports.com/canada

As head coach, she thinks this time the extra space between qualifying and playing will give her

team a competitive edge as they hit the court with the world watching and you.

"We have the luxury now of being able to really take our schedule and our training to peak for

the Olympics as opposed to having to peak for another qualification tournament," she said.

She gave me this chance that not many other coaches would have given me. Not a lot of coaches had believed I could play in the CIS — Sarah Crooks

"People had very low expectations, and people here were no rate. We would win a game and people would be ecstatic. I think they wanted a coach who would come in and connect to the program and the process, and I think I brought a bit of that."

Now 37 years into the role and a nationally known coach, she thinks she's carried over lessons learned in doing out a higher degree of talent to fill out the Huskies' roster.

"I think the players that we attract to come here are ones that want that challenge and want to be pushed to the highest level and with the same amount of intensity as at the national level," she said, adding there's a strong relationship in training regimens between Team Canada and the Huskies.

"It's faster. It's quicker. It's more athletic, but we use the same system here."

Sarah Crooks has known Team Canada since she was a senior athlete at her high school in Pitt Lake, B.C. She remembers the women she still occasionally refers to as "coaches" — even years after she walked away from the court — as a major factor in moulding her into the player she would become.

"I was a very raw player at the time. I was pretty awkward, actually, but she always encouraged me and made sure I was getting better and better," said Crooks, who went on to be a star athlete with the Huskies and was recruited to Team Canada.

"She gave me this chance that not many other coaches would have given me. Not a lot of coaches had believed I could play in the CIS like she had to start from scratch with me, but she saw this potential and she never stopped believing in me."

Thornblom was still only a few years into her work with the U of S at the time and was needed deeply in the process of rebuilding its women's basketball program from the ground up, but Crooks and the coach immediately stood out as a strong leader.

"She demands so much of each of her players but she only demands each player's potential and nothing more," Crooks said.

"Her expectations aren't unrealistic for any player. That's how she gets the best out of everyone, and I



Like Thornblom calls to her players during a timeout against the Manitoba Bisons in November 2011. Thornblom takes every opportunity to ensure that his players have the support they need. BASKETBALL PHOTO BY BENJAMIN MORTIMORE

believe that's why she creates such great teams."

That attitude extended into Thornblom's interactions with players off the court, where she encouraged them to strive for academic achievement and took extra steps to ensure they were getting the support they needed.

Crooks remembers an occasion when she was struggling with money and couldn't afford to replace her basketball shoes, worn down from countless hours running drills. Then one day she found a package on her doorstep from Thornblom, who was out of province at the time.

"She brought a pair of basketball shoes and sent them to me at the mail," Crooks said. "I felt really good for real it was symbolically more than a pair of basketball shoes. It's like 'Here's what you need. I'll give that to you and I care for you.'"



Like Thornblom calls to Kabe Miyashiro during a timeout against the Fraser Valley Cougars in March 2011. BASKETBALL PHOTO BY BENJAMIN MORTIMORE

We'll have something we run for years, and she has no problem letting go if she figures that this isn't working for us. There's no ego involved. —Jacqueline Lavelle



Lisa Thomas addresses the University of Saskatchewan Huskies sitting practice earlier this month. The Huskies' best finish under Thomas was a silver at the nationals in 2011. PHOTOS: PHOTO BY CHRIS PINGST

Jacqueline Lavelle, who is now assistant coach for the Huskies women's basketball program, says it is this dedication that makes Thomas such an invaluable role model.

Lavelle was a member of the team when Thomas first came on board as coach in 1998.

"The Huskies were in the middle of a rough period at the time, but Lavelle says Thomas immediately set herself apart as both a coach and a role model.

"From day one she was developing us into strong, resilient young women. It wasn't just about basket-

ball. That was felt very quickly in terms of how we were expected to carry us within the community how we were expected to perform as the classroom," Lavelle said.

On the court, Lavelle said part of what makes Thomas is such a strong leader is her willingness to move away from past customs and tailor her coaching style to the way she's working with.

"She's always been willing to try new things. From where we started to where we are now, she's changed over several systems that we run. We'll have something we run for

years and she has no problem letting go if she figures that this isn't working for us. There's no ego involved," Lavelle said.

"It's not making players fit into one specific system, but choosing something that's going to let the players do what we have."

Under Thomas, the Huskies were silver medalists at the CUSU annual championships in 2011, and they won bronze the year before. The Huskies are regulars at nationals, most recently with fourth place finishes in 2013 and 2015.

Though Lavelle has watched Tho-

mas push herself and the Huskies to new heights, she doesn't expect the share of the national championship to pull her away from campus full time.

"She has a passion for the university level. That's where the kids are so unmissable, and to be able to build that confidence in them — I think where she takes us, much pride is to watch them go through their university years according to school and see them move on into their professional lives," she said.

Thomas has seen great success in the past years with the Huskies

While the top spot of CUSU champion has remained elusive, she's proud to have taken the team to national night out of the last nine years — and is looking forward to some solid competition to retake their crown for the upcoming season.

"The kids are very high. Now that we've had so much success, it's kind of expected. We know that you're always going to get everyone's best shot. They're always going to be up in your against you," Thomas said.

"It's tough to get to the top and it's tougher to stay there."

MUSIC

#SASKATOON MUSIC SCENE

Living — and singing — in harmony

By Sean Trembath

From the first time Jon Lane and John Antonakos jammed in 2000, it was clear they shared a connection.

"I think it was pretty obvious right away. Three weeks later we started dating and four years later we got married. I think we both knew we belonged together in one way or another," Antonakos says.

Since then their lives have been completely intertwined, both on stage and off: the duo backing up his albums and he on hers. They have collaborated constantly, but only with their most recent albums have they shared top billing.

Jon and John, married in 2004, feature just the two of them. The album is understated, with folk and country vibes driven primarily by their voices. It's a lower key than the work released under just her name, or for Antonakos's solo project Smokedick. For most of which featured a full band.

The album was inspired by small or house shows the pair played between their larger tours. The two of them would play stripped down versions of songs from their solo albums. Between tracks they bantered, telling stories of their marriage and their music. Afterward, listeners were disappointed there wasn't a recording that reflected these shows.

"We would go to these acoustic shows together and people would say, 'I want that. Do you guys have anything together?'" Lane says.

They recorded some demos with the microphone set up and found they really liked the sound.

"Life has been kind to us, and very generous, and we feel like we're kind of always in the right place at the right time, and when that project was coming together it was just a natural process," Antonakos says.

Touring without a full band felt like a throwback to the early days, when both would play by themselves around Saskatoon.

"I think there was a freedom to it that I think that Smokedick was just me and a guitar up on stage," Antonakos says.

It also meant constantly being together. "Just having of business and pleasure is something the duo had to grapple with early."

"We were cautious at that of the beginning, but we couldn't help it. We just kind of fell for each other," Lane says.

Like any couple — or any band — there is friction at times, but both express gratitude for the opportunity to always be in each other's lives.

"We can drive each other crazy sometimes, but I'd say either be doing this or doing it without him, she says.

Not surprisingly for a pair that has been so prolific, they are already looking toward their next projects. The most immediate is Lane's next solo album, scheduled for release in March. That will come with singles, radio promotion and new tours, both with the full band set up.

The success of the Jon and John tour has also sparked the idea for a live album. They hope to capture their onstage chemistry.

"The thing the album is missing that a lot of people comment on is the banter. They like the banter between songs and the storytelling about songs," Lane says.

They plan to collect live material over time. They recorded some stuff on a recent West Coast tour, and their upcoming show at the Bluebird in Saskatoon Oct. 1 will also be captured.

There isn't a specific time frame for the live release. Lane's album will be the focus for the immediate future. At some point Antonakos will release more Smokedick material, but they are wary about looking too far past the next thing.

"You can make the guitar, and write down what you want to do and then it's recording, writing out of it, it never actually



Jon Lane (left) and John Antonakos, who have performed on each other's albums, have made a musical duo together. Photos: Peter M. LAM/RICHARDS

works out the way you planned," Antonakos says. For now they will continue to en-

joy the ride and the opportunity to spend it together. "I feel very lucky that the two of

us have found each other in this life and found each other in our music."

ON THE SCENE

#NUIT BLANCHE SASKATOON

Nuit Blanche Saskatoon took over the night on Saturday, engaging citizens of all ages in Saskatoon with live arts, scene, contemporary art such as silent theatre, music, poetry and art installations were featured in Saskatoon's public spaces late into the evening. Nuit Blanche is a fixture in other Canadian and international cities and is being embraced by Saskatoon.

BRIDES PHOTOS
BY GUAM RICHARDS



1. People check out art and displays at Nuit Blanche Saskatoon in downtown.



2. Sharma Bergeron and Brittany Walter.

3. David Stoltz.

4. Whitney Taylor and Dylan McLean.

5. Kevin Goodwin and Anna Goodwin.

6. Jessica Shirley and Anna Tora.

7. Jennifer Dancombe and Macarena Fuentes.

8. Arin Schaffel and Hilary Gough.

9. Lev Vermeulen and Jordan Schell.



ASK ELLIE

Husband's children may come around eventually

Q: My husband of 18 years and I met and fell in love immediately. My baby's father had dumped me when I got pregnant. I have married someone I liked but didn't love so he couldn't else hurt me. He adopted my child and so had one of our own. After several years, I couldn't stand him a happy marriage.

In the divorce, I agreed on a prenup for the kids that wouldn't break the bank. I don't talk back to the kids. My current husband was not suddenly married when we met. He told me soon after but by then we were both really looking back, we wish we'd dealt with it differently. We see each other weekly while I was getting my divorce. He got his shortly after, so then married.

My kids and grandchildren adore my husband. I have a good relationship with his daughters. However, his ex wife remains very bitter. She nearly told him dry incestuously. We agreed at that time that I was to keep the peace. I now communicate with her about



Ask Ellie

their daughters. But her bitterness spills over to their families. As a result, one couple has only a fake friendship with us and has hurt my kids deeply.

I feel there's no hope to change this. My grandkids love coming, so they have a relationship with my husband. But his grandkids are just polite. We try to connect, but never have back from the one family. They seldom call him, and never call me. It's just so sad.

Looking Bitterness

A: Stay gracious and positive with your husband's daughters and especially their children when you do

get to see them. Send cards for occasions, and gifts when appropriate. Show an interest in their activities and call on someone just to talk to the children. Youngsters pick up on who's sincerely interested in them. You'll be looking by example and they may eventually follow.

Q: My married guy, 56, has nothing to do with me, his brother, or our daughter. We'll keep him distancing from us, but for the last two years refuse to answer emails or calls. We're generally a happy up beat family my married daughter's supportive and loving, but I miss my son greatly. He gives no reason, just once said I was an awful mother who never valued his opinion — which I strongly did.

Something must've happened when he was young, and he feels I let him down. It breaks my heart. My husband says I need therapy and must accept it, and move on. But I cannot. I keep wanting to fix this

family. I feel accepting is giving up. He has 30 minutes away.

A: Therapy isn't intended for you to give up on your son. It's to try and work through how you can handle the situation for your sake as well as his. While you'd prefer to understand it enough to be "fix it," you have to consider whether it's better for him — and there's more hope for a future reconciliation — if you back off now.

Whether the best choice for him now may also be best choice for all of you. Unless your son tells you what distance him, you have to show him the respect that he's an adult entitled to his beliefs and feelings. Tell him that you love him, respect his wishes and hope to find some right and peace of mind over this, through therapy.

FEEDBACK: Regarding the bus band who wants to "out" one of his cheating wife's best friends

Reader: — "The reason to not a cheater isn't for revenge, but so the cheater's spouse can take genuine love to protect her/himself from the possibility of contracting sexually transmitted diseases."

"By staying quiet, someone (the cheater's spouse) could be seen easily left."

Ellie: In cases where the person who's aware of the cheating wants to protect the innocent spouse (often when he/she knows), the no live a lie. There's still a risk that the spouse will "shoot the messenger" by ending the friendship, out of feeling humiliated and resenting being told that at least the talent was lost.

In this husband's case, he's driven by fear because the man, just "out" with it all, and he could be the next to be "out" by the next means he'll show no discretion to the man's spouse or children who may suffer publicly. No protection intended.

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EVENTS

MUSIC

Wed., Sept. 29

Blues Series: He Pingping Brown and Little Victor
The Basement,
204 Fourth Ave. N.

Fred Brousse and Blues Party
Buds on Broadway,
817 Broadway Ave.

The Starfields
Capital Music Club,
244 First Ave. N.

Soulcity
Piggy's Pub and Grill,
1433 Midway Blvd. N.

Thurs., Oct. 1

Jake Nowocinski
Crackers Restaurant & Lounge
1-227 Peachtree Ct.

Roots Series: Andy Brown w/ Ellen Pease-Rodgers
The Basement,
204 Fourth Ave. N.

Stuckmaker John
B17 Broadway Ave.

Tyler Gilbert w/ Beta-Gut and Good Enough
Amigos Cantina,
836 Dufferin Ave.

Dumb Angel, Megan Nash and Mike Gail
Vamp's Tavern,
851 Broadway Ave.

Fri., Oct. 2

Phonix Friday: Mirilla Janovicky
Beats Series: Jen and Julie
The Basement,
204 Fourth Ave. N.

Men Without Shame
Buds on Broadway,
817 Broadway Ave.

The Bechlers
Army & Navy Club,
359 First Ave. N.

Tyler Gilbert
Michelly Robinson,
3330 Eighth St. E.

The Rebels
Town Town Tavern
3330 Walbridge Dr.

CPCB FM-Phunk
First Wine-Up
Pump The Revolution
Flowers, Snake River and
The Backbones
Amigos Cantina,
836 Dufferin Ave.

The Librarians
Capital Music Club,
244 First Ave. N.

Stuckmaker Blues
Society presents
David Gogo
Vamp's Tavern,
851 Broadway Ave.

Dead Wendell
Piggy's Pub and Grill,
1433 Midway Blvd. N.

Sat., Oct. 3

Jazz Travelers Series: Tom Davidson/Darts
The Basement,
204 Fourth Ave. N.

Men Without Shame
Buds on Broadway,
817 Broadway Ave.

The Bechlers
Army & Navy Club,
359 First Ave. N.

Stuckmaker Blues Series
Downtown Lazoo,
606 Speedway Ave. W.

No Hungry Tins
Michelly Robinson,
3330 Eighth St. E.

Ray Richards' Maritime-Style
House Party
Pam's Irish Pub,



Longtime portraits at Vamp's Tavern on Oct. 2

554 Speedway Ave. E.

The Underbelly Targans w/ The Hook Up and Shaky Bits on
Amigos Cantina,
836 Dufferin Ave.

Live! Ortega w/ Chloé Gavine
Capital Music Club,
244 First Ave. N.

The Wet Secrets w/ Blessed and Dexter Beely Quiver
Vamp's Tavern,
851 Broadway Ave.

Dead Wendell
Piggy's Pub and Grill,
1433 Midway Blvd. N.

Sun., Oct. 4

Amigos Jam
Buds on Broadway,
817 Broadway Ave.

Mon., Oct. 5

Rob Hill Band

Buds on Broadway,
817 Broadway Ave.
Thurs., Oct. 6

Rob Hill Band
Buds on Broadway,
817 Broadway Ave.

ART

Station Arts Centre, Roosters
Until Oct. 30 at 101-1st Ave. N.,
Roosters Creative Collective Celebrating
Local Photographers.

Blues Art Supply
Until Sept. 30 at 1886 Lorne Ave. Art-
work by Saskatoon Art Teachers.

Art in the Centre
Through September at Perleidge
Centre, 110 Gropper Cres. Mixed
media by the art group Watermarks
& Friends. Works by Art to inspire,
a local artist group, through October.

The Gallery w/ Frances McCreath
Central Library
Sept. 30 Until Nov. 5 at 311 23rd St.
E. Surface, urban photography by
Ron Goodie. Reception Oct. 1, 7 p.m.
to 9 p.m.

Gallery on the Downs
Until Oct. 1 at Market Mall, 2325 Pres-
ton Ave. Gallery Treasures, a Sask. Arts
prohibition.

J&S Picture Frame Warehouse
Oct. 1-31 at 121 Jessup Ave. At the
End of the Day, pastels by Gisèle
Parler.

Collect on 's Choice Art Gallery
Until Oct. 3 at 6230 First Ave. N. High
realtor portraits and landscapes by
Shirley Timmons and selections of
landscapes by Jean Tremblay.

Eye Gallery
Until Oct. 9 at 101-102 College Dr. Eyes,
Saskatchewan Printmakers Association
works.

The Gallery/Art Placement
Until Oct. 15 at 328 Third Ave. S. Lund
and Sean by Terry Fenton.

SCVAP Art Gallery
Until Oct. 16 at 253 Third Ave. S. Wile

**Heidi Greiff 2015: Works by Joseph
Anderson.**

Affinity Gallery
Until Oct. 17 at 818 Broadway Ave.
Contemporary Jewellery by Melody
Armstrong.

Pinex Arts
Until Oct. 17 at 424 20th St. W.
Calendar Girls, a video installation
by Lisa Ellis. Twelve Calendar Girls,
examplifying different character
types, enter landscapes representing
the months of the year.

St. Thomas More Gallery
Until Oct. 30 at 1437 Calgary Dr. An
exhibition of the MS, MS Library
Collection at Shannon Library. Based
on the life, work and writing of Anselm
Mün

Market Mall Playland Art Gallery
Until Oct. 31 at Market Mall, 2325
Preston Ave. Playing with Picasso's
brush, original prints from the Pic-
asso banner project. In partnership
with the Kimmel Modern Art Gallery
of Saskatchewan.

Gallery on the Bridges
Until Nov. 30 at Saskatoon City
Hospital/ Waterloos by Patricia L.
Clarke

Western Development Museum
Until Dec. 6 at 2693 Lorne Ave.
Canada Day, from the Canadian
Museum of Immigration at Pier 21
Explore immigration: diverse personal
Day/ experiences, from Confederation
to present day.

Urbanism Museum of Canada
Until Jan. 31 at 910 Spadina Cres. B:
Down Home, a journey through rural
Saskatchewan, by photographer Wil-
liam Gilling.

FAMILY

Shop 'n' Stroll
Wednesdays, 9:30 a.m. to 10:30 a.m.,
visit the front-of-house Service at
Lawson Heights Mall. Classes consist
of power-walking, body sculpting
moves along exercise tubing and a
socializing for parents and babies. Pre-
register at runnersandbabies@shaw.
com. No classes on school holidays.

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

Stars and Stripes

Wednesday, 10 p.m. at Century Cinema in The Grove. Choice of five movies each week. A baby-friendly environment with lowered volume, dimmed lighting, a changing table and stroller parking in select theaters.

Funky Artcentro Field Art Classes

Field classes for kids of all ages. Adults to Heart Art, Public Agency, Journey to Art 1 & 2 and Home to Nature Art Art 1 information at funkyartcentro@gmail.com or on Facebook.

Go Gink and Play

Daily, 10 a.m. to 10 p.m. in Bay 4 of 619 South Main St. We invite new, established and former indoor playgrounders to children up to age 13. Visit childrentimeplay.com or their Facebook page.

Pan Factory Indoor Playground

Daily at 16332 Quince Ave. Adult indoor playground for young children. Adults and children under one year are free. There is a separate fee for kids for children under two.

Children's Play Centre

Daily at Lawson Heights Mall. A fun, safe environment for preschool children to play children must wear socks in the play area. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

Market Mall Children's Play Centre

Daily just off the food court at Market Mall. This play area features two different level slides. Children must wear socks in the play area.

Parent and Toddler Yoga

Thursdays, 9:30 a.m. to 10:15 a.m., indoor baby yoga, 10:30 a.m. to 11:15 a.m., at YogaLife, 215 Third Ave. S. Classes taught by Nina Zettl for parents and their toddlers ages one to five. Introduce your toddler to the world of yoga. Classes include pranayama, poses, meditation, movement, play and song. Classes are six weeks. Register at freedomfromwithinyoga@gmail.com, 306-361-6852.

Bread Building Cafe

Thursdays, 10 a.m. to 11:30 a.m., at

Westview Family Health Center, 3371 Fremont Dr. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

Kid Yoga Classes

Ages four to 10 on Saturdays, 11:30 a.m. to 12:15 p.m., home-based classes ages five to 10 on Mondays, 10:30 a.m. to 11 a.m., at YogaLife, 215 Third Ave. S. Classes taught by Nina Zettl help kids regulate emotions, find focus, relaxation, self-awareness and inner fulfillment. Physically helps with balance, strength, flexibility, coordination and body awareness. Classes are six weeks. Register at freedomfromwithinyoga@gmail.com.

Parental/Partner Workshops: Yoga for Children

Saturdays, 1 p.m. to 4 p.m., at Birth Rhythms, 246 Third Ave. S. Instructed by Nina Zettl. Learn various tools and techniques to help you through labor and delivery. No previous yoga experience is required. Classes are six weeks. Register at freedomfromwithinyoga@gmail.com, 306-361-6852.

Leaf Art

Oct. 3, 11-16 and 24-25, 1pm to 4 p.m., at the McQueen Valley Center, 402 Third Ave. S. A weekend drop-in craft for all ages. Make your own creative leaf art. Information at 306-655-6866.

Home and Baby Yoga

Mondays, 11 a.m. to 12:30 p.m., at YogaLife, 215 Third Ave. S. Classes taught by Nina Zettl for mothers with babies to young as six weeks. Tone and strengthen your body, learn relaxation and meditation tools and explore breath work. Classes are six weeks. Register at freedomfromwithinyoga@gmail.com.

Prenatal Yoga

Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Center, 246 Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Baby-friendly class with a certified yoga teacher. Suitable for

four weeks to two years postpartum. Register at pregnancyandparentinghealthcenter@gmail.com. No class on start holidays.

Canadian Light Source (CLS) Public Tours

Thursdays, 1:30 p.m., at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Presentation is required. Call 306-657-3644, email openhouse@cls.ca or visit lightsource.ca/education/public_tours.php.

Prenatal Yoga

Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Center, 246 Third Ave. S. Taught by a doula and certified yoga teacher. Information and url for any stage of pregnancy. Call 306-310-5443 or email maprizedy@gmail.com. No class on start holidays.

Nativity Plays

Monday eve until Oct. 18, 7 p.m. to 9 p.m., at Birth Rhythms Home, 656 Saskatchewan One E. A comprehensive childbirth education series to prepare you for the birth of your child. Information at birthrhythms.ca.

Maclean Children's Theatre

Oct. 8-10 at Station Arts Centre, 701 Parkway Ave., Redham Park. Opportunities to Grade Eight children. Local children will be auditioned and cast in a musical production based on a traditional fairy tale. They will perform on Oct. 10. Information at stationarts.com.

Stay and Play

Thursdays and Wednesdays, 9:15 a.m. to 10:15 a.m., September through April. For children up to age five. Semi-structured, crafts, snacks, story time, toys, activities. Email stayandplay@shaw.ca or visit the Facebook page.

Dynamics Group parenting workshop

Thursdays until Oct. 13, 10 a.m. to 12 p.m., at Saskatchewan Open Door Centre, 159 Third Ave. In. Discusses communication, compassion, family and community harmony, and interpersonal human skills. Anyone can

register at 306-682-6664, ext. 386, smosong@sdscs.ca.

ReachOut Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at McNally Children's, 2300 13th St. E. For children ages three to five in the Circle of Friends. Call 306-955-1477.

Read & Play

The first Thursday at 10:30 a.m., and Wednesdays at 1:30 p.m., each month, at West Point Primary, 2110 Eighth St. E. Suitable for ages two to six. Each month features a different story, followed by a related painting project. Oct. 6-12 read *Usavalele the Trillia Monster* and make *Bonnie the Monster*. Register at 306-373-3219.

Playgroup

Monthly and seasonal events. Hosted by Peirce Roberts Learning Community, a group of families inspired by Waldorf philosophy. Programming is aimed at children ages two to five, but all ages welcome. Information on their Facebook page.

Engineering for Kids

Children ages four to 14 can learn about technology and how engineers help to design. Games, crafts, songs, and clubs with hands-on STEM enrichment activities. Get information and register at engineeringforkids.net/saskatoon or 306-538-4889.

WIKKS 4-KIDS

Regular after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique abilities, play games, and have fun using LEGO bricks. Visit wikks4kids.com or 306-978-7339.

Saskatoon Public Library Programs

Offering daily programs for children and families. Find the calendar at saskatoonlibrary.ca/node/7036.

SPECIAL EVENTS

Saskatoon Parents' Workshop

Open year-round, Wednesday and Sunday, 10 a.m. to 3 p.m., and Saturdays, 10 a.m. to 2 p.m., farmers are in attendance. Tuesday to Friday, 10 a.m. to 12 p.m., and Saturday and Sunday during market hours, food service and

specialty shops are open. Information at saskatoonparentsworkshop.com. Contact 306-364-6262, skfarm@asask.ca.

Roughs Basement Store

Wednesday and Thursdays, 11 a.m. to 3 p.m. at St. Paul's United Church, 544 Cabot Ave. Thursdays, 8 a.m. to 4 p.m., at Peirce Roberts Learning Market. Clothing for babies, children, men and women, and jewelry.

Mayfair Carpet Bowling

Wednesdays, 1:15 pm, at Mayfair United Church. Beginners and experienced players are welcome. For information call 306-955-2151.

St. George's Cathedral Fall Supper

Oct. 4, 6 p.m. and 6 p.m. - 8:30 p.m., in St. George's Cathedral Auditorium. Turkey and fennel, cranberry, meatballs and sauce, cabbage rolls, salad, dessert and coffee and tea. Admission tickets only, available until Sept. 30. 306-664-3408, 306-362-7957 or 306-349-5493. No door tickets.

Traverse Debutante and Handball Adult Community Choir

Rehearsals are Wednesdays, 6 p.m. to 7:30 p.m., at McCluskey United Church. Nineteeners are being recruited to perform sacred and secular repertoire. Call 306-734-1173 or e-mail traversechoir@gmail.com.

Second Annual Kitten Awards

Oct. 17, 6:30 p.m., at the Saskatoon Club 471 2nd St. E. A friendly photography contest at week's night with a silent auction. This is a black tie, seated event. Tickets at please.com. Early bird ticket deadline is Sept. 30. Funds raised support Big Brothers Big Sisters of Saskatoon and Area.

Concert Performer

Sept. 30, 7:30 p.m., at Mayfair United Church. Piano by David Fang with vocal by Shigang Min and piano by Xuehui with vocal by Heidi Munro. Tickets at McNally Robinson, the church office at 306-382-6464, or at the door. All proceeds go to Mayfair United Church.

EVENTS

What you need to know to plan your week.
Send events to bridges@thephoenix.com

Country Fairs/Marketplace at Confederation Mall

Thursdays and Saturdays until Christmas, 10 a.m. to 4 p.m., across from Urban Planet at Confederation Mall. An indoor marketplace featuring home-cooked lunch, fresh vegetables, hot cream soups, bread, farmers' sausage, cabbage rolls, pierogies, squares, pies, preserves, handcrafted items and home-based business vendors.

Gorget Bowl

Thursday, 12:35 p.m., at Nulna Legion Hall, 3021 Louise Ave. Hosted by the Nulna Senior Citizens Association. Lunch and coffee are available for a fee.

Chester des Plaines Tobaccaria

Thursday evenings at l'Ecole canadienne-française, 1407 Albert Ave. A mixed adult club with a Francophone repertoire. Saskatoon's Francophones club is looking for new members to celebrate its 25th anniversary this season. Information at 306-334-6660, chevredesplains@shawtel.net.

SFQ Events

Thursdays, 7 p.m., in room 13 at Albert Community Centre, 610 Clarence Ave. Saskatoon International

Tolerance Club. Learn lessons from many countries around the world. Everyone is welcome. First night is free. Information at 306-314-5000, www.sfq.ca.

Federal Election Candidates Forum Oct. 4 in Saskatoon

Free election forums in each riding. Learn more about the candidates and their views. **Forum for the Saskatoon-Greenwood riding:** Oct. 17 p.m., at Cliff Wright church library. **Forum for the Saskatoon-West riding:** Oct. 3, 7 p.m., at Trinity Macedonian church. **Forum for the Saskatoon-West riding:** Oct. 6, 7 p.m., at Pantages Community Centre library.

Annual Fall Lily Ball

Oct. 2, 10 a.m. to 7 p.m., and Oct. 3, 10 a.m. to 4 p.m., at Lawson Heights Mall. Hosted by the Canadian Prairie Lily Society. A variety of lily bulbs and an illustrated handbook of lily culture are available for sale. Funds raised



Landscape by John Emerson in an display at Catherine's Choice Art Gallery

support scholarships and bursaries for students studying horticulture at the U of S and Olds College of Agriculture in Alberta.

Birds of Prey Market

Fridays until Oct. 5, 11 a.m. to 5 p.m., at Gordon Fire Hall. Information at 306-997-2155.

Annual Dinner Meeting

Oct. 2, 1 p.m. registration, 1:30 p.m. AGM, at Preston Park 18 Retirement Centre, 45 Armstrong Way. Hosted by the Saskatoon Senior Citizens Association. Special dinner. Refreshments will be served. Information at 306-343-9432.

All-Year-Can-Eat Penney's Banquet

Oct. 2, 4:30 p.m. to 7 p.m., at 48 Saints Ukrainian Orthodox Church Auditorium, 2548 Louisa Ave. Penalties, sausage, dessert and beverages. Admission at the door.

The Fantastic Fairy Tale Phenomenon

Oct. 2, 7:30 p.m., at Louisa Hall, 93 Campus Dr. Presented by Quercus Theatre. Dress in your best fairy tale.

ticket. Tickets at ticketcity.com or at the door.

Riverdance: The 20th Anniversary World Tour

Oct. 2-4 at TCU Place. The international high dance phenomenon comes to Saskatoon on its 20th anniversary tour. Tickets at 306-975-7799, sasktickets.ca.

Women's World

Oct. 2, 4 p.m. to 10 p.m.; Oct. 3, 11 a.m. to 10 p.m., and Oct. 4, 11 a.m. to 10 p.m., at Prairie Land Park. A event for women. With door prizes, draw, stage demonstrations, entertainment. Admission at the door.

Karewala Dance Club Classes

Starts Oct. 2 and runs through through April, 7 p.m. to 8:30 p.m., at the Albert Community Centre. Information at 306-290-5486.

Westside Community Centre's

Glothing Depot. Saturdays, 10 a.m. to 2 p.m., at 3448 Knight Dr. Free clothing for all ages. Free laundry service from a volunteer. They take donations of clothing. Free

meal, accessories and bags. Information at 306-223-0722.

Country Fairs/Marketplace Book Exchange

Saturdays, 11 a.m. to 3:30 p.m., at Confederation Mall across from Urban Planet. Conflict lunch event. Saturday and the Harvest is over. They will be at the marketplace Thursday and Saturday, 10 a.m. to 4 p.m.

Global March for Elephants and Rhinos

Oct. 3, 11:30 a.m. to 1:30 p.m., at River Landing. Near the amphitheatre. Sign in selling Saskatoon to the international chorus of people who want to stop the poaching of elephants and rhinos. Free event. Information at 306-032-0060, marshforrhinos.org.

Third Annual Saskatoon Fest

Oct. 3, 12 p.m. to 5 p.m., at Prairie Sun Brewery, 3500 Quinlan Ave. A celebration of culture and community. With food trucks, beer, Olympics, live music and premium craft beer from several local breweries. Tickets at saskatoonfest.com. Free

entry. Support the Saskatoon Water Quality League.

Harvest Tea

Oct. 3, 2 p.m. to 4 p.m., at Ann's Spout Patch-Hall. Hosted by 31 Ann's Auxiliary. Refreshments, prize draws and door prizes. Admission at the door. For raffle tickets call 306-315-4214. Funds raised provide enhancement for the residents of 31 Ann's Senior Citizens Village.

Light the Night Walk

Oct. 3, 5 p.m., in Kiwanis Memorial Park. Presented by the Leukemia & Lymphoma Society of Canada. Fundraising teams walk in unity at twilight, each holding an illuminated lantern – red for supporters, white for patients and caregivers and gold to remember loved ones lost. Register at lightthenight.ca/walk/saskatoon.

African Fashion Show

Oct. 3 at l'Ecole Canadienne-Française, 1320 Louisa Ave. A fashion show designed to showcase African culture. Featuring 100 models. With a Caribbean Dance Troupe, musicians and live musical entertainment. Information at 306-310-5202, info0302@yahoo.ca.

The Right to Skate 2012 Bowl 2012

Oct. 3, 11 a.m., at Lions Skatepark. Presented by Right to Skate and Nineties Skate Shop. A skateboard contest for age groups 15 and under, 15-16 and 19 and over. With prizes, prizes and prizes. Entry fee at the entrance. Funds raised support the Right to Skate Foundation, providing skateboarding boards, lessons and social community to Saskatchewan youth. Information on their Facebook page.

Seven-Acre Carr Maze

Weekends through October, 1 p.m. to 7 p.m., at The Saskatoon Italian Cultural Centre on Cedar Valley Road. This year's theme is the Italian Culture and Other Historic Architecture and Culture of Italy. Information at saskatooninfo.com. Funds raised go toward the continued development of the Saskatoon Italian Cultural Centre.

EVENTS

Saskatoon Unlimited Practices

Sundays, 12 p.m. to 2 p.m., at 235 Ave. V.N. The community marching band meets to rehearse young musicians ages 12 to 21, with at least one year of playing experience, as well as a talented first teaching practice in the same time, with no experience necessary. Information at 306-349-5013. banddirector@usaskatoon.net

Brass Fundraiser

Oct. 4, 2 p.m., at The Basement, 302 Fourth Ave. N. A benefit concert for the Albin Foundation, funding projects in the Shovel Mission area. Hosted by Lashelle and Martin Jacobson perform. Tickets at 306-334-3363 or at the door.

Sliters in Spirit 19th Annual Walk and Vigil

Oct. 4, 3:30 p.m. to 4 p.m., at Station 20 West, 102 20th St. W. Honouring missing and murdered aboriginal women and their families. The walk begins at 4 p.m. Information at 306-222-7475, 306-303-3660.

Tuesday Supper

Oct. 4, 4 p.m. to 5:15 p.m. and 6:30 p.m. sit-down, at Mayfield United Church, 502 23rd St. West. Tickets at 306-363-5446 or 306-244-6864.

Tuesday Supper

Oct. 4, 4:30 p.m. and 6 p.m. sit-down, at St. Mary's-Coadjutors Parish, 1007 Windsor St. Tickets at 306-663-9130 or 306-280-6289.

Dance Auditions to Informa Eve Night

Oct. 4, 7 p.m., at the Ballroom Hotel, Saskatchewan Rush Lacrosse Club is holding auditions for the dance team. The Crush. All women ages 19 or older with dance or cheer backgrounds. Auditions begin Oct. 4, 5:30 p.m. Register for auditions at Jennifer@srush.com. Information at auditions@srush.com.

SAC Plays Contemporary Music of David Brazil

Oct. 4, 7:30 p.m., at Broadway Theatre. The Saskatchewan Jazz Orchestra performs. Tickets at broadwaytheatre.ca.

Pin-Up Photo Shoot Workshop

Oct. 4, at Fine Fine Dance Centre, 224 23rd St. W. With Kim Goetz from Photography and Fine Fine Dance. A photo shoot with some makeup and modelling tips, digital copies of two or three at pin-up prices, and the option to purchase more. Light snacks will be provided. Entry necessary, outfits and hair and makeup as done as you are able. To register email finefine@finefine.com. Proceeds support the Fine Fine Dance Theatre Company Charitable Organization.

Medical Beals

Oct. 5, 7 p.m., at Broadway Theatre. Presented by

the Swift Mountain Film Festival. A presentation of the best high-adrenaline films entered into the Swift Mountain Film and Book Festival competition. Tickets at broadwaytheatre.ca.

16th Annual Spotlight for Seniors

Oct. 6, 9 a.m. to 3 p.m., at TCU Place. Hosted by the Saskatoon Council on Aging, information booth, live entertainment, activities, displays, fashion show, raffles and draws. Lunch is available for purchase. Admission at the door.

Off-Broadway Farmers' Market, International Bazaar, and Sweets

Tuesday, 11 a.m. to 1 p.m., at the basement of Grace-Wesley United Church, 503 10th St. E. Offering a variety of locally produced food, clothing and accessories from India, pet products, baking, and other delights. New vendors welcome. Call 306-646-3543 or email offbroadway@shaw.ca.

Health Help Lecture

Oct. 6, 7 p.m., at McLaren United Church, 4025 Taylor St. E. W. Vegetarian MD from Germany talks about integrative healing based on the teaching of Shiva Ganesha. Admission is free. Information at 306-664-3331, ehc@saskatoon.ca or ehc.ca.

Book Signing at McNally

Book signing by author at McNally Robinson, 320 10th St. E. For schedule and information visit mcnallyrobinson.com/saskatoon/events.

English for Employment Class

Hosted by the Saskatoon Open Door Society. Improve English communication and communication and learn what you need to find work in Saskatoon. Information or registration at 306-250-4337, 306-663-4464, 306-310-4338, jane@osds.ca, osds.ca or osds.ca.

#THEATRE

Georgie Boyles' Union Being

Until Oct. 3 at Pansophic Theatre, 594 20th St. W. Presented by La Troupe du Jour. After his wife has passed away, Georgie Boyles sets out on an ambitious quest to find his first love from 52 years ago. Tickets at 306-667-1231, info@pansophic.ca or pansophic.ca.

Venue and Scene and Meats and Spices

Until Oct. 4 at Pansophic Theatre. Famous film star Meats returns home to her dependent sister with an opportunity and a way, setting off a weekend of lust, rivalry, regret and revenge. Tickets at 306-382-7727, pansophictheatre.com.

Event dates and times are subject to change without notice. All events are subject to change without notice. Information is subject to change without notice.

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SPECIAL GUEST
DESIGNER
Hilberg & Berk

The StarPhoenix ROAD SHOW

The StarPhoenix invites you to attend our travelling lunchtime fashion show on Thursday, October 8 at Manó's Restaurant on Eighth Street. See the latest fall fashions from Saskatoon's leading retailers. Admission is free! Guests will also receive an entry form to win a dazzling jewellery ensemble from Canadian luxury jewellery brand Hilberg & Berk, valued at \$840.

THURSDAY
OCTOBER 8

ONE
DAY
ONLY

MANO'S ON 8TH STREET
NOON - 1 PM

OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bedazzle@thestarphone.com. One winner will be chosen each week.



Last week's contest winner is Kaitie Hodgson. Thanks to everyone who submitted entries.



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RECIPE

#PUMPKIN SPICE WAFFLES

Flavours a change from the original

By Renee Kohlman

Everywhere you look there are signs that fall has officially fallen — from the crunch of golden leaves underfoot to the countless working farms ready to harvest this year's crops. I learned some of this recently that we pressed the Indians out of me. But you know that more than 90 per cent of Canada's farmland is here in our beautiful province? There are almost 30,000 farms in Saskatchewan, with grain (corn, canola, flax, soybeans) and beef being the most popular types, but with smaller niche crops such as sunflower and buckwheat on the rise.

In 2015, Saskatchewan produced 36 per cent of Canada's canola, 89 per cent of chickpeas, 87 per cent of durum wheat, 80 per cent of flaxseed, 76 per cent of mustard, 64 per cent of dry peas and 59 per cent of canola seed. Of this, Saskatchewan exports more than \$1 billion in several grains, oilseeds, pulses and other crops. We are a world leader in producing the food required by the fastest growing countries. We are essentially feeding the world. There are big numbers. Important numbers. The next time I'm driving down the highway and I see a farmer working his fields I'll nod my head to him in gratitude. It's something to think about as Thanksgiving rolls around in a couple of weeks.

Something else on my mind of late is pumpkins and all of those glorious warm spices that smell like fall. You know the ones: cinnamon, nutmeg, ginger, cardamom, cloves. They pair so beautifully with pumpkin, that the buttery, pretty, smooth explosion with this combination isn't there yet. I don't mind. I love pumpkin. I love the spices. I have them together. And I love waffles.

These waffles were born nearly four years ago, in my fridge. I was throwing away flax, and I relish the chance to turn something about to go into something totally delicious. These waffles add a tangy and tender



Waffles infused with ingredients as whole wheat, bean ground flax and oats. Photo by Kristin Macdonald

new to baked goods, but if you don't have any on hand, butter milk will do just fine. I panned up the nutrition of these waffles with the addition of whole wheat flour, ground flax and oats — all of the good stuff that the Saskatchewan farmers are harvesting right now. These are hearty, substantial waffles, so in you won't want to eat more than two, maybe three, but really should you be eating more than three? You know those packets that catch the melted butter and maple syrup? That's the best thing about eating waffles. And the whipped cream. That's the second best thing about eating waffles.

If you're on the healthy eating train, and want to keep out the whipped cream, with flax yogurt stirred with a little maple syrup, then by all means go for it. I believe your waist power.

I'm a huge fan of these waffles. The flavours here are a nice change up from the sugary, fluffy, plus your house will smell warm and cozy as you slide your way into autumn, otherwise known as the season of pumpkin spice.

Pumpkin Spice Whole Grain Waffles

> 1/3 cup butter, melted
> 1 cup pumpkin puree

> 2 large eggs
> 1 1/2 cups buttermilk or sour milk
> 1 tsp vanilla
> 1/3 cup maple syrup
> 1 cup whole wheat flour
> 1/2 cup all purpose flour
> 1/4 cup ground flax seed
> 1/4 cup brown
> 1/2 cup ginger
> 1/2 cup oats
> 1 tsp baking powder
> 1 tsp baking soda
> 1 tsp cinnamon
> 1/2 tsp nutmeg
> 1/2 tsp ginger
> 1/2 tsp salt
> pinch of clove
Instructions

In a medium bowl, whisk to gether the melted butter, pumpkin, eggs, milk, vanilla and maple syrup. In a large bowl, combine all dry ingredients. Stir the wet into the dry until combined.

The batter will be thick. Heat your waffle iron and drop batter onto iron; you may have to push it to the edges. Cook waffles according to your waffle iron's directions or until golden and crispy. Keep waffles warm in a 200 F oven until all batter is used up. Makes about 10 waffles. Serve warm with butter, maple syrup and lightly sweetened whipped cream.

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 "Not too bad!"
 9 Subjects given into chemotherapy class
 13 ... out
 14 Sick punks!
 16 David Saxe documents
 17 Moved on without
 19 Gradually increasing heat
 21 Lower interest
 22 Largest U.S. lake by volume after the five Great Lakes
 25 "Place it under!"
 29 Best snider
 37 Ironically
 39 Cause of date night at home
 40 Zich
 43 Turkey from a movie
 47 Actor chosen
 52 Musical in which initial word(s) have been part of
 57 Andy of cartoons
 58 Tibetan spiritual guru
 59 They always live
 61 Black holes in cosmology
 63 "Gator"
 64 Diner's ...
 65 Election

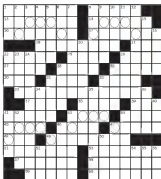


PHOTO BY JEFFREY M. HARRIS

DOWN

- 1 90s hit
 2 Part of X X X
 3 Head counting
 4 Actor: cousin of "A Perfect Stranger"
 5 Beat 101
 6 Wordsmith name of which consists of three
 7 Companion line of 2008
 8 Chicago
 9 Daily daily
 10 U.N. member between Romania and Pakistan
 11 Sound term in 12 across
 12 Modern energy sources
 13 Reuse
 14 Software developer
 15 Sound puns in a hit
 16 Back to back, closely
 17 Lethal
 18 When waves bring and return and crowd
 19 They're always on for good luck
 20 Fronts
 21 One-way Doors
 22 Chrome pens?
 23 Hoisting into being
 24 De down
 25 "Puncher" or "Puncher"
 26 Bragg in the 19th-century stage
 27 ... cause
 28 Set in stone: July
 29 Program launched in 19th-century France
 30 Clubhouse punting scores
 31 40-year-tennis leader
 32 Can be extended to a pun?
 33 First where definition
 34 Phased
 35 Moves through front
 36 ... Cut
 37 Hoops found with a statue in Philadelphia
 38 Hydrocarbon suffix
 39 And still ...

JANRIC CLASSIC SUDOKU

Loretta Gold

Hit in the down cells using numbers 1 to 9. Each number can only appear once in each row, column and 3x3 block. Use logic and arrows of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Sudoku is the crossword puzzle and the Sudoku can be found on Page 19



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WINE WORLD

WINE WORLD

Pinotage gains foothold in Canadian market

By James Romanow

There are few wines in the world as rare to drink the crowd as quickly as Pinotage. Why look to the 19th Isle Pinotage, a South African, crowded classed with pinot noir and then more as less forget about it for 20 years. Another researcher guided the results in a vineyard and eventually the resulting wine became fairly popular in S.A.

Today with the increased popularity of pinot noir, the wine has gained a foothold in the Canadian market as it shares some of the general characteristics — medium to light body, soft, mild tannins and an ability to pair with a wide variety of food.

Somehow in the last couple of decades some winemakers have managed to get quite earthy/roasty flavors from the wine, which again divides the crowd. Some people love the flavor and others hate it. I've heard it described as everything from "dirty coffee" to "dunkies."

The Grinder is a new listing here, and features a coffee grinder prominently on the front label. I expected strong coffee flavors from this wine but it is actually pretty subtle. There is a hint of black coffee flavor and the dark fruit is more dominant on the nose and palate.

This is like most Pinotage, a wine that some happen if you eat meat alongside. I'm



partial to barbecued pork chops with it, but a lot of people told me they drink it with South-eastern style barbecue or ribs.

If you've never had a Pinotage and want to branch out I can recommend this one. It isn't too extreme and is in fact a very well-made wine.

The Grinder Pinotage 2013 \$28 ***

Write for TheStarPhoenix here and on Monday's paper next week. More on twitter @drcrowe.

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Crossword/Sudoku answers

ATTABOY	ATOMS
STANES	CAMELOS
SCROLLS	CRAWLED
SLAUGHTER	AME
TAMOR	EASY
ATOR	ACNE
TOM	BRAN
NEWMANAGEMENT	MICA
CAMP	LAMA
CLONING	WINE
TALK	ACNE
CHI	LOAMS
ANSARD	HUMPHDAY
IGNITE	OSBORNE
SODAS	WESTJET

4	5	9	3	6	1	7	2	8
1	2	7	5	8	9	3	6	4
6	8	3	2	4	7	9	5	1
2	7	8	6	5	4	1	9	3
9	6	5	8	1	3	4	7	2
3	1	4	9	7	2	5	8	6
8	9	2	4	3	5	6	1	7
5	4	1	7	2	6	8	3	9
7	3	6	1	9	8	2	4	5



Next values for next issue

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mixed metal necklace,
bracelet and earrings set
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newest collection

Hillberg & Berk's A/W 2015
Collection attains new heights of
sophistication, abounding in precious
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